

## Potential Associations with Nostalgia Proneness

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### Recommended Citation

Collins, Emily; Minlletes, Megan; Ordon de Colebi, Pamela; and Swets, Julie , PhD, "Potential Associations with Nostalgia Proneness" (2023). *2023 Symposium*. 3.

[https://dc.ewu.edu/srcw\\_2023/works\\_2023/works\\_2023/3](https://dc.ewu.edu/srcw_2023/works_2023/works_2023/3)

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## Abstract

Nostalgia—an emotion defined as a sentimental longing for the past—is associated with many well-being outcomes, such as meaning in life, social connection, and a sense of belonging. Nostalgia proneness is the extent to which people typically experience and value the emotion. In this exploratory study, we will examine some understudied benefits correlated with nostalgia proneness: specifically attachment to objects and belongings, expected success in life, and reflections on past relationships with parents. We expect to find that higher nostalgia ratings will be positively correlated with a higher tendency to acquire possessions, positive memories of parental bonding, and expected success in life. In the future, we hope to conduct follow-up studies in which we manipulate feelings of nostalgia to demonstrate causation to these same variables.

## Introduction

- Nostalgia is an emotion defined as “a sentimental longing for the past.” This emotion is associated with social and psychological well-being, including connection with others, meaning in life, positive mood, and more
- Nostalgia *proneness* is a personality trait that refers to people’s tendency to experience and value this emotion
- No research has yet explored the connection between nostalgia and attachment to objects and belongings, expected success in life, or reflections on past relationships with parents

## Proposed Method

### Participants

- 200 undergraduate students

### Materials (surveys)

- Nostalgia Proneness (Southampton Nostalgia Scale; SNS)
- Compulsive Acquisition Scale (CAS)
- ICD Clutter Quality of Life Scale (CQLS)
- Generalized Expectancy for Success Scale (GESS)
- Parental Bonding Instrument (PBI)



## Expected Results

- We expect to find positive correlations between nostalgia proneness (SNS), compulsive acquisition (CAS), & consequences of clutter on quality of life (CQLS)
- We expect to find a positive correlation between nostalgia proneness (SNS) & self-reported success (GESS)
- We expect to find a positive correlation between nostalgia proneness (SNS) & positive memories of parental bonding (PBI)

## Discussion

- Recent studies have shown that nostalgia can increase meaning in life, as well as positively affect other aspects of living (e.g., optimism, self-esteem, positive affect)
- Adversely, research also shows that nostalgia can lead to negative outcomes, such as lower well-being, neuroticism, and avoidance
- With its varied effects, it is important to study nostalgia in more specific ways, concentrating on certain personality aspects to differentiate individual outcomes
- As our study only focuses on nostalgia and personality associations (e.g., attachment to objects & belongings, expected success in life, reflections on past relationships with parents), follow-up studies must be conducted to explore the causal potential of nostalgia
- We plan to collect and analyze data over the course of the next academic year before conducting further research